

2011 Success Story-- Dane Butler, WRPS

“The Weight Loss Convoy has been a great experience. It has enabled me to lose over 80 pounds in the last eleven months with the support of my wife, my manager, my coworkers, and the Weight Loss Convoy. As you start losing weight, I noticed that you feel a lot better, you don’t hurt as much, it is easier to move around and you are able to start getting back to doing the things that you “used to do”.

Our convoy started in January 2011 with about 40 members. In addition to the weekly presentations from Shannon and Kelly, the weekly meetings allow you to share your successes, disappointments, recipes and exercise tips from a new group of friends that can relate to what you are going through.

If anybody thinks this is just chance to get away from work for an hour a week, they need to think again. Shannon and Kelly help you establish your goals, develop a plan, give you the tools to succeed, and then help you hold *yourself* accountable.

Please realize that this is not a “New Year’s resolution” type of class. This is a yearlong commitment for YOUR health!

I would highly encourage anyone who is gets the opportunity and is ready and “committed” to make a lifestyle change to lose weight, to sign up for the Weight Loss Convoy. It will be a fun life changing experience.”